

Name: _____

Date: _____

Food and Nutrition

F N M E A T P M P C D R S K M F C L U D R G F T
A Y H B L E J F P Y Q H B C V L X X A B F A W Z
R F K T G Q Z P C B F E J Z E M N S O T T B I P
D S K J Z O R Y F J C S P A Y T R T C S I Q L Z
L F I Y O O D A M A G X N T S N X O A F S U E G
C D E X T J T R K L Y W X T X K A N Z N X D R T
N U B E S I I N A R A B S L Z D D N A W S C Y F
K X I B M Y P G D T L R L Q R O J E M H O E O V
X N I S P F O W E K O C F X I N B G A N E I P X
S Q H W X A L R G K Z A R L S U S H S E P S O P
T P G T Z H N M T U A O S B R B T U Q U G O G Q
M W U N V P R W S O T H Y H V Q M Q R R M M Z O
I W R U R A Y P N H H Q U A D E W O W C J R H B
O O C T F H C T I P S K M E Z X T D W Y F K M K
B J F R G T P B T D I F J Z X U X J S B Q R O X
B T O I C A K A K K F R B M L K R H I N C A M R
E Y G T D D Y Y A Z O Q T N E B A U O P Z M X B
P Q B I U B J T V Z T N B V A R I E T Y H K B M
Z Q G O H E A L T H Y B O D Y W E I G H T W B V
J H X N C V E G E T A B L E S Q D A N U S U G B
E N R G L I O D I S E D S A L T M V E P J K P X
C P S E N I L E D I U G D O O F S H Z L Y F N U
Y T G T Z Z B X P V P F I J U Y E P R Q N P J I
M C P X Q D C J X W H O L E G R A I N Q M J G S

HEALTHY BODY WEIGHT

FOOD GUIDELINES

FATS AND OILS

IODISED SALT

CLEAN WATER

WHOLE GRAIN

VEGETABLES

NUTRITION

PROTEINS

CONSUME

VARIETY

BEANS

FRUIT

MEAT

FISH